

KINGSWOOD TERM TIME SWIMMING POOL TIMETABLE 2025

September 2025

Sessions can be booked in person, or in advance online at www.activecentres.org or by calling 0300 333 0300

		07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00		
MONDAY	6	LANE SWIMMING					MAPLES	AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	LANE SWIMMING (55 mins)	FREE DIVE	
	5																		
	4																		
	3																		
	2																		
1																			
S						SWIMSTARS LESSONS		PUBLIC SWIM	SWIMSTARS	PUBLIC SWIM	PUBLIC SWIM	SWIMSTARS SWIMMING LESSONS							
TUESDAY	6	SOUNDWELL SWIMMING CLUB 05.20-06.50	LANE SWIMMING		SWIMSTARS SWIMMING LESSONS	60+ SWIMMING	LANE SWIMMING		SCHOOLS	STAFF TRAINING	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)			
	5																		
	4																		
	3																		
	2						PUBLIC SWIM												
1																			
S						SWIMSTARS SWIMMING LESSONS			PUBLIC SWIM	PUBLIC SWIM	SCHOOLS	SWIMSTARS SWIMMING LESSONS							
WEDNESDAY	6	SOUNDWELL SWIMMING CLUB 05.20-06.50	LANE SWIMMING		SCHOOLS		AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB		CANOE POLO (22.30)			
	5																		
	4																		
	3																		
	2						PUBLIC SWIM												
1																			
S						SWIMSTARS SWIMMING LESSONS			SCHOOLS		SWIMSTARS SWIMMING LESSONS			SOUNDWELL CLUB					
THURSDAY	6	LANE SWIMMING		SCHOOLS	60+ HALF AND HALF LANES	LANE SWIMMING		SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	LANE SWIMMING (55 mins)					
	5																		
	4																		
	3																		
	2						PUBLIC SWIM												
1																			
S						SWIMSTARS SWIMMING LESSONS			PUBLIC SWIM	SCHOOLS	PUBLIC SWIM	SWIMSTARS SWIMMING LESSONS							
FRIDAY	6	SOUNDWELL SWIMMING CLUB 05.20-06.50	LANE SWIMMING			AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB								
	5																		
	4																		
	3																		
	2						PUBLIC SWIM												
1																			
S						SWIMSTARS LESSONS		PUBLIC SWIM	SWIMSTARS	SCHOOLS	SWIMSTARS SWIMMING LESSONS								
SATURDAY	6	SWIMSTARS SWIMMING LESSONS			ROOKIES	PUBLIC SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*									
	5																		
	4																		
	3																		
	2						PUBLIC SWIM												
1																			
S						SWIMSTARS SWIMMING LESSONS			PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PARTIES	PARTIES	AUTISM SWIM / PARTIES					
SUNDAY	6	LANE SWIMMING			PUBLIC SWIM	PUBLIC SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB			CANOE POLO (21.30)					
	5																		
	4																		
	3																		
	2						PUBLIC SWIM												
1																			
S						PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	SWIMSTARS PUBLIC SWIM	SWIMSTARS LESSONS	SOUNDWELL CLUB					

KEY

S

=

SMALL POOL

* PRE-BOOKING IS REQUIRED FOR SESSIONS MARKED *. SCHOOLS SOMETIMES USE THIS POOL SPACE, ON OTHER OCCASSIONS IT WILL BE OPENED FOR PUBLIC LANE SWIMMING.

LANES: Sessions run for 55 minutes (as stated above) or longer. Longer lane sessions also offer flexible arrival times, with last check-in 50-minutes before the session ends.

SESSIONS

CASUAL SWIM

MEDICAL OR DISABILITY SWIM

SCHOOLS

CLUBS

SWIMSTARS SWIMMING LESSONS

PARTIES